

Sports Safety Take Home Q&A Guide

1. Who should have a pre-participation physical and how often?

2. Who is capable and preferred to conduct the PPE? Who gets a copy?

3. Why is an emergency action plan (EAP) important? Who should have a copy of this plan?

4. Which things below should be checked for safety conditions?
 - a. Field or court conditions
 - b. Lighting
 - c. Access to water
 - d. Access for emergency vehicles
 - e. AED
 - f. Player and team equipment
 - g. Stability of goals, netting
 - h. Access to shelter
 - i. Weather
5. Describe how you can tell someone is dehydrated in cold and heat?

6. What player safety gear is required for the sport you are coaching and how important is proper fitting?

7. What should you immediately do if you suspect a player has one of the following health issues and there is no athletic trainer or physician is on-site for a diagnosis?
Concussion: _____
Cardiac Arrest: _____
Heat Stroke: _____
8. What is considered a major medical emergency and how should you react?

9. What should you do if a player receives with a non-emergency injury during practice or play?

10. What should you do if you suspect a player has an overuse injury?

(answers on back)

ANSWERS

- 1. Answer:** All children participating in youth, competitive league or school-based sports should have a PPE annually.
- 2. Answer:** Any physician (MD or DO) can perform a PPE, but someone who knows your child and family is preferred. PPE should be completed annually by your pediatrician or family physician. Depending on your child's intensity in sports, a sports medicine trained physician may be preferred. If your school or team has an athletic trainer, ideally they should have the PPE on file. Your athletic trainer can inform the coach of any pertinent findings of which they should be aware. Some schools require the athletic director or school nurse to also have a copy.
- 3. Answer:** The development of the EAP takes care and time to ensure that all necessary contingencies have been included and is a protocol that all organizations should have in place. A proper EAP for an athletic setting should include detailed instructions for all persons responding to an emergency, including athletic trainers, coaches, and emergency personnel. This should include a map of the facilities with all entrances, fields, roads, and parking lots clearly marked as well as emergency contact information for school officials, lists and location of emergency equipment, and chain of command. Having this information available is critical to expedite care of the injured athlete.
- 4. Answer:** All of the above!
- 5. Answer:** Dry mouth, thirst, irritability, headache, seeming bored, dizziness, cramps, excessive fatigue, child not playing as well as normal.
- 6. Answer:** Check with your athletic trainer and coach on proper safety gear—it varies from sport to sport. Proper fitting is important to ensure maximum protection from injury. If the gear is too big, your child may trip or the padding may slip. If it is too small, it may not protect the body part or it may constrict heat or breathing.
- 7. Answer:** Concussion? _____ Answer: The safest thing to do is to sit the child out until s/he can be diagnosed and referred to a physician, athletic trainer or medical professional who is trained in evaluation and proper management of concussions. Do not allow them to return to play until properly evaluated and cleared to play.
Cardiac Arrest? _____ Answer: Call 911 and use the AED as instructed until help comes.
Heat stroke? _____ Answer: Call 911 and immediate immersion in a cooling pool/tank. Also move the child to a shaded or air conditioned area, remove headgear and other protective equipment. Apply cold wet towels to body.
- 8. Answer:** Concussion, cardiac event, potential spine injury, heat stroke or illness, uncontrollable bleeding, compound fractures other fractures. Call 911 and wait for help.
- 9. Answer:** Call the parents, explain what happened and instruct them to take the child to an urgent care clinic, primary care physician, or sports medicine physician.
- 10. Answer:** See your pediatrician or sports medicine trained physician for diagnosis and treatment.